The story of the tooth.

Dental Health Foundation
Ireland
The story of the tooth.

What is it?
The story of the tooth.

Reminds us HOW important it is to look after our teeth.
The story of the tooth.

It reminds us how to **CLEAN & BRUSH** our teeth.
And what to drink
And what to eat
So...
Let’s start and look at your teeth...
A Tooth!
How many teeth do you have
Answer: 20
Incisor
The incisors at the front of the mouth are used for biting and cutting food.
Canine
The Canines are beside the incisors; they are used to grip and tear food
The molars are the largest of the teeth. They are used to chew, crush and grind food.
OK...
How do we look after our teeth?
It is very important to look after all your teeth, especially the ones at the back of your mouth.
Brush twice a day...

Last thing at night and another time during the day
Brush your teeth with short movements going this way...
What with?
Toothbrush and...
Fluoride Toothpaste
Use a toothbrush with a small sized head and soft/medium bristles
How much do you use?
The size of a pea.
How long do I brush for...?
Let’s start the clock.

Keep brushing until you hear the bell.
Maybe your teacher might have a song you can learn after this which is 2 minutes long...
Then what....
Spit out the toothpaste after all that brushing
Remember... just spit, don’t rinse your mouth out with water
When do we brush our teeth?
Most importantly, last thing at night...
And one other time you choose.
How about brushing your teeth before you go to school?
Why do we do this?
Looking after baby teeth will make sure your big teeth are healthy!
Get your parents/guardians to help you and to supervise your brushing.
And what should you drink?
Tap Water
Any time of day
Milk
What drinks are only ok at meal times?
Juices
Fruit drinks
Smoothies
Fizzy drinks are not good for your teeth and should be avoided
Snacks
Snacks are foods and drinks that you have between meals.
There are good and bad snacks for teeth.
Snacks bad for teeth

SWEETS & LOLLIPOPS
CHOCOLATE
BISCUITS & CAKES
Snacks good for teeth

MILK
CHEESE
BREAD/TOAST
PLAIN SCONE
FRUIT AND VEGETABLES
And finally...
Please visit your dentist regularly.
Will you promise to brush twice a day?
Great! Thank you.
Thank you for promising to look after your teeth.
Now... let’s see your lovely healthy teeth with your best smile!!!
For more on oral health check out www.dentalhealth.ie